

Research on the Application of Flipping Classroom in Taijiquan Teaching in Colleges and Universities

Ling Tong

Changchun Sci-Tech University, Changchun, 130000, Jilin, China

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Abstract. Flipping classroom is a modern teaching mode, mainly relying on information technology means to achieve the organic combination of information technology and education and teaching. When applying the flip classroom teaching mode, university teachers should first prepare and arrange the relevant materials such as video and text of pre-class Taijiquan teaching, and expand the teaching content reasonably. Flipping classroom is beneficial to students' all-round development, teachers' differentiated teaching, students' individualized learning and scientific and diversified teaching evaluation. Promoting students' autonomous learning, cooperative learning and personalized learning is beneficial to the in-depth inheritance and wide dissemination of Taijiquan and Chinese Wushu among college students. From the perspective of the goal of physical education teaching, flipping the classroom teaching mode is beneficial to students' achievement of sports skills, sports participation and social adaptation dimensions. Establish learning interest, learning emotions and participation experience as important content, explore the Taijiquan deep learning mode, and strive to truly understand the deep cultural connotation of Taijiquan and artistic conception. Absorb the core cultural connotation of internalization Taijiquan, and actively learn Taijiquan content through new media or micro-courses.

1. Introduction

In recent years, flipped classroom has become a research hotspot of educational experts and scholars at home and abroad. The appearance of flipped classroom has completely overturned the traditional teaching mode. As a highly operational course, physical education has its own specialty compared with other disciplines [1]. As a new teaching mode produced in the information society, the flipped classroom provides new ideas and methods for promoting the teaching reform in our country. Many research results of other disciplines have proved that the flipped classroom can bring better teaching effect than the traditional face-to-face teaching [2]. Taijiquan is a sport with Chinese traditional cultural characteristics and national wisdom and spirit, which is created by the Chinese nation in the long-term practice of social production and centered on fitness, self-defense, health care and disease prevention [3]. However, in the process of development, Taijiquan teaching has encountered some difficulties and obstacles, including the single content of teaching, the rigid teaching method, and the irregularity of technical action speech. It can be said that to learn Taijiquan, it is necessary to accurately grasp its technical norms. Based on this, it is possible to further understand its connotation and form a positive impact on the physical health, cultural accomplishment and personality of the self. The teaching application of flipping classrooms pays attention to students' physical and mental characteristics, personality hobbies and other factors, and develops students' individualized learning, which enables teachers and students to have more time to communicate and effectively improve students' classroom participation [4].

Flipping classroom teaching is a model of learning before teaching. It is an independent, interactive and individualized teaching model. It is conducive to improving the quality of teaching and learning, and can cultivate students' innovative ability [5]. Traditional physical education teaching methods are dull and dull, which can not fully mobilize students' classroom enthusiasm. Therefore, the reform of physical education teaching methods in Colleges and universities is imperative. Taijiquan has a profound traditional cultural connotation. With the help of new media, students like to participate in the way of interaction, sharing and group discussion in the actual

classroom teaching, so as to establish the learning theme of body feeling from the theory of boxing. According to the situation of self-study, students communicate with their peers before class and discuss the difficulties they face in the process of communicating with teachers in class, so as to promote students to have a stronger purpose in class and have more time for exercise skills in classroom teaching [6]. The flipping classroom effectively solves the problem of timely learning and mastering the lectures under the class. The class is specially guided by the teacher to make full use of the classroom and improve the effectiveness of teaching. Change the situation of passive learning in traditional classroom teaching in the past. Students communicate with their peers before class according to their self-study, and they face difficulties in the process of communicating with teachers in the classroom, which makes students more purposeful in class, and classroom teaching can have more time to exercise skills training [7]. Of course, technical standards are also relative or ambiguous, which is the characteristic of Chinese traditional culture. Taijiquan has a profound traditional cultural connotation, with the help of new media, through the interaction of actual classroom teaching, sharing, group discussions and other ways that students like to participate. When emphasizing the technical standards of Taijiquan, it is necessary to have a reasonable grasp of the “degree” of its standard, so that it is the “normative mastery” of its technical actions in the true sense [8].

2. Application Value Analysis of Flipping Classroom Teaching Model in Taijiquan Teaching in Colleges and Universities

2.1 Characteristics of Taijiquan Course in Colleges and Universities

Taijiquan is the whole movement under the control of the brain consciousness. It guides the movement with consciousness, while thinking and doing, perfectly combines intentional movement with physical movement, concentrates on one's breath and body feeling, and gives the senses and body the chance to concentrate. Fundamentally speaking, only by defining the meaning of each action and the method of using it, can we grasp Taijiquan more accurately and thoroughly? Students' learning of Taijiquan does not lie in the simple completion of movements. The essence of real Taijiquan learning is to constantly learn a new action, constantly strengthen the integration of the new action and the old action when learning the new action, help students accumulate and integrate the coherent experience of the new and old action, so that the original independent Taijiquan action can be integrated, and finally form a complete Taijiquan trick. In the generalization stage, the use of excellent game video or video as a demonstration teaching resource course is more intuitive and exemplary, breaking the limitations of traditional curriculum time and space, and is more conducive to students' initial mastery of technical actions. From the perspective of the goal of physical education teaching, flipping the classroom teaching mode is beneficial to students' realization of the teaching objectives of sports skills, sports participation and social adaptation dimensions, so as to achieve the all-round development of students. On the comprehensive level, in order to master or skillfully master the art of Taijiquan or the art, individuals need to practice and explore the movements of Taiji through different angles and contents.

2.2 Helping College Students to Achieve All-round Development

When students learn the relevant theories and historical knowledge of online Taijiquan through the flip teaching mode, they can learn more information about Taijiquan from the Internet with the help of the connection of network software, and enhance their interest in understanding Taijiquan-related information. Regularly carry out learning and communication activities, let students join in sports activities, optimize the content of physical education and teaching methods, create a learning and communication platform for students, and promote the improvement of students' sports learning ability. Moreover, the students with weak sports foundation can strive for the best results by grasping the process evaluation, which fully compensates for the phenomenon that the traditional teaching evaluation emphasizes the result but neglects the process, and thus promotes the development of physical education in China towards a healthier direction. Through the

participation and appreciation of sports activities, students' physical fitness can be developed to promote the development of intelligence. The process of flipping classroom teaching mode is shown in Figure 1. In the physical education teaching, the multiple educational effects of training, learning, and nurturing are clearly reflected, and there is “increasing knowledge, strengthening physical strength, and strengthening”. The comprehensive educational role of will, emotion, and spirit. Adjust the teaching plan according to the feedback problem and improve the teaching video. The feedback phase of flipping the classroom makes the teaching process no longer a faithful implementation process according to the original plan, but a flexible application process.

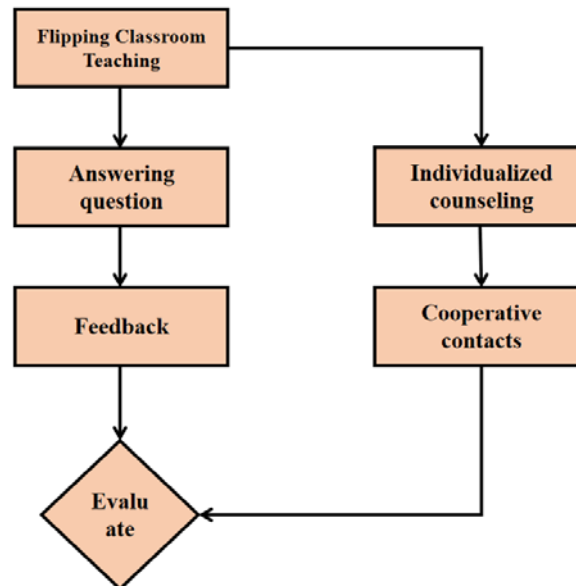


Fig.1. Flipping the Teaching Model Flow in Classroom

Taijiquan should not only aim at mastering the standard of action, because it is only the most basic requirement, but also grasp the meaning of fighting skills and can be used effectively to a certain extent, and be familiar with its ethical norms, philosophical concepts and cultural connotations. Fully integrate the action method and the release of strength with the use and body feeling. Fully integrate fighting and fitness, body feeling and mood movement. Taijiquan has a relatively comprehensive requirement for the physical fitness of practitioners, and the practice of basic skills and basic movements is an important means to develop students' overall physical fitness. Sports game is an effective means to improve the enthusiasm of students and activate the classroom atmosphere, and to exercise each part of the students in a game way. Physical fitness training combines with sports games. Let students understand the action thoughts of the new and old movements, understand the core meaning and role of this action combination, which will help them to deeply understand Taijiquan and deepen their understanding of Taijiquan. This practice is in line with the ultimate in Taijiquan teaching. The purpose of teaching contributes to the cultivation of students' comprehensive quality and the improvement of ideological realm. Students can effectively master technical movements and theoretical knowledge through special guidance. Cooperative practice refers to students in the classroom, when the students have mastered the main content of this lesson, through the collective exercise, so that students can supervise and cooperate with each other In-depth consolidation of the course content.

3. Application of Flipping Classroom in Taijiquan Physical Education Teaching in Colleges and Universities

3.1 Analysis of Learning Content

The complexity of Taijiquan technology learning, as an important branch of Wushu oral category, although Taijiquan technology has its own scoring characteristics, but the general evaluation criteria also need to complete the quality of Taijiquan movements. Taijiquan performance level of the whole

set of movements, Taijiquan movement difficulty coefficient content as the support point. Utilizing the policy of physical education, we should strengthen the supervision of the guidance of physical education, fully display the guiding advantages of physical education, promote the optimal allocation of physical education resources, and set up the correct concept of physical education. In Taijiquan routine teaching, the combination of offensive and defensive practice and drilling can help students deeply perceive the action route, application methods and strength to release feelings, practice deep integration, build learning experience, and apply what they have learned. Through multimedia technology, these faster actions are video played, the speed of video play is adjusted, so that the details of the actions are clearer and clearer, so as to help students grasp the essentials of the actions faster and improve their action coherence. In the cultivation of students' technical movement theory knowledge, active participation, and technical mastery, they have shown significant effects. Students' preference for this model and the characteristics of mobile learning anytime and anywhere has also been reflected to some extent. In addition, the network teaching resources in college campus environment is more abundant and convenient. It can be seen that the software and hardware conditions of colleges and universities are consistent with the requirements of the smooth development of flipping classrooms. The application of flipping classroom teaching mode in college physical education curriculum is feasible.

3.2 Deepen the Understanding of Taiji Action

Pre-class learning is an important part of flipping classroom, which is the guarantee of students' smooth learning in class. In the flip classroom, pre-class learning is compulsory, requiring students to systematically self-study the knowledge learned in this lesson. For higher education, colleges and universities must assume the responsibility of constantly improving the theory of flipping classroom teaching, which requires close integration with the actual situation of the application of Public Physical Education in Colleges and universities, and analysis of the current situation of the application of flipping classroom in other curriculum areas. In the process of learning, because of the powerful and multi-function of video processing system, it demonstrates and explains the attack and defense principle of Taijiquan. It is also necessary to explain the adjustment of the atmosphere in Taijiquan. The video production requires a high degree of attention to the details of the action. Students can learn more clearly and completely through the slow motion of the video, the video screenshots, and the repeated playback of the video content. In the improvement of self-summary ability, students can continuously accumulate learning experience, improve their understanding ability, and achieve more perfect learning effects. For example, students can first review the Tai Chi exercise they have learned before learning the new action class, and at the same time make a preliminary understanding of the new action. In the differentiation stage where students most need technical guidance, teachers also have more time to explain and correct mistakes in the flipping classroom, so that they can use classroom time to communicate with students and deepen students' understanding of technical movements Automate motor skills.

Choosing appropriate teaching methods and making online courseware, we must be able to highlight the traditional mode of courseware, introduce a variety of curriculum elements and content, constantly enrich the content of courseware, and process and process reasonably according to the structural characteristics of teaching content. Then making video, combining with the characteristics of physical education curriculum, we should pay attention to making micro-video: making use of the advantages of network platform, slowing down, playback, circular playback and so on, so that students can form correct action concepts at the beginning stage. Through basic skill training, the students' physical quality can be improved and enhanced in an all-round way, and the vigorous energy and physical and mental pressure of young life can be better released. The main body parts of basic skill and basic movement exercises are waist, leg, shoulder and arm, hand style, footwork and other basic skills and basic movement exercises. Whether students have studied independently outside the classroom, how to ensure the quality of independent learning. Regularly opening competitions also helps teachers of all schools to communicate and learn from others' experiences and achievements, and develop a set of scientific and effective teaching strategies to lay

a solid foundation for improving the quality of Tai Chi teaching. From the perspective of the goal of physical education teaching, flipping the classroom teaching mode is beneficial to students' realization of the three dimensions of sports skills, sports participation and social adaptation, so as to achieve the overall development of students. Taijiquan basic training is the basic condition for achieving the amount of exercise and the necessary skills for practicing Taijiquan; it is a powerful strategy for college students to exercise, to maintain their body and to enhance their ability to attack. Therefore, students can analyze and understand the content of the course before the class by using the public platform in the mode of flipping the classroom, so as to reduce the confusion of the students' initial contact with the course content and the unsupervised problem of after-school review.

4. Conclusion

This paper studies the application of flip classroom in Taijiquan teaching in Colleges and universities. Whether teachers have the ability to transform structured knowledge into entity, real problems or tasks, and design a reasonable technical guidance program; find problems and solve problems from students' practice and feedback, and guide students to complete the mastery and improvement of sports skills. Exploring the reversal classroom teaching mode of Taijiquan in the optional course of colleges and universities is of great significance for solving the current teaching predicament of the optional course of Wushu in Colleges and universities. The application of this mode in the teaching of Taijiquan in Colleges and universities is helpful for students to achieve all-round development, teachers to achieve differentiated teaching, students to achieve personalized learning and teaching evaluation to achieve scientific and diversified Change. At present, there are many problems in actual teaching. Therefore, it is still necessary to adhere to teaching innovation and rectification, and actively implement various measures to ensure the smooth progress of teaching. The improvement of physique and the improvement of interest have a better effect than the traditional teaching mode to a certain extent. Therefore, it is recommended that college teachers can use the Internet and multimedia carriers to carry out the teaching of flipping classroom mode in the teaching of Tai Chi. Develop students' abilities, such as innovation ability, independent thinking ability, learning ability, and execution ability. At the same time, teachers can understand the situation of students by flipping classroom teaching.

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